



A word from the President

Presidents Report.....

Hello all WAB members,

Once again I have had an enjoyable time attending WAB events and catching up with members from far and wide.

The 25th of March saw me at Kalangadoo attending their 100 yr celebratory luncheon – what a day! It started off being driven through the town in a vintage car to the Kalangadoo Hall. With Peter Goers as the MC you can all imagine the fun and laughter throughout the day.

On the 6th April I attended the regional at Lochaber and again a wonderful event. The guest speakers were outstanding and I came away with a deeper understanding of the importance of the Naracoorte Caves and the fossils that have been discovered there.

I attended the Pioneer Women's Garden Trust, 76th anniversary celebrations in the garden on the 19th of April and was asked to speak on history of WAB. The garden has a statue representing pioneer women and I would encourage you to visit the garden the next time you are in Adelaide.

The WAB 100 yr memorial rose garden bed in Brougham Place Gardens North Adelaide was opened on the 21st of April, and there were over 50 people in attendance including WAB members from all regions. A full report will be in the next WAB news.

I am heading for Coonalpyn to attend the Murraylands Regional conference and also looking forward to seeing the new artwork on the Silos – see the next edition of WAB for a full report.

Don't forget to keep the 28th and 29th October 2017 free to attend the 100 yr celebrations in Riverton.

Yours in WAB Friendship

WAB State President

CENTRAL REGION

Strathalbyn: no reports received

MURRAYLANDS REGION

Yurgo:

At our October meeting members enjoyed an interesting power point presentation by Robyn Burdett of the African Safari adventure trip she and her husband Kevin went on recently. Travelling 250 kms through poor villages and farmland in Nairobi they arrived at the Amboseli National Park. The flat dry plains and wetlands fed by underground springs from Mt. Kilimanjaro were home to the many animals they saw - zebras, wildebeeste, gazelle, hippopotamus, baboons, lions, flamingos, water buffalo, kudu, black faced monkeys as well as domesticated cattle and donkeys and a great array of birds. At a Masai village, just outside the Park, they witnessed a cultural dance and heard about their local customs. The women build their tiny mud huts in a circle, surrounded by a thorn fence to keep the lions out. The men walk their cattle 7 kms every day into the wetlands to feed and the women walk with their donkeys the same distance every day to collect water. Except for the tourist dollar, gained by selling over-priced souvenirs, they live as they have always lived, with no electricity, no technology and no cars. Children are now being educated, and this will bring change. The cattle are brought back at night inside the safety of the thorned fence. The people are nomadic and eat only meat from their goats and cattle and drink the blood.

Crossing to Tanzania, they saw their first giraffe. Staying at Lake Manyara Serena Lodge on a mountain top on the rim of a crater in Lake Manyara National Park, they enjoyed a sunset safari. Next day they visited Mto wa Mbu village where 120

different communities co-exist, visiting the hospital, a banana plantation, made mud bricks and watched hand carved artefacts being made.

Travelling west to Serengeti, they were amazed by the numbers of animals, excited at seeing 48 elephants crossing the road, and 170 hippos sleeping in a pond.

A hot air balloon ride at sunrise in Masai Mara National Park gave breathtaking views as well as skimming low over the animals.

After a flight to Johannesburg, South Africa, a tour showed them the best and the worst of the city. The slums of Soweto house 4 million poor people. They visited Nelson Mandela's home, which is now a museum and the following day flew to the famous Victoria Falls, Zimbabwe, and enjoyed a sunset cruise on the Zambesi River.

Heading east they crossed the border into Botswana. The final tour took them across the river to Namibia where they spent three relaxing days in the luxurious Zambesi Queen River Boat. They visited a small village, where the cottages were built of mud with thatched roofs. The elephants were a problem and to protect their village they build fences with empty bottles. When an elephant steps on a bottle it pops, which acts like an alarm and the villagers wake up and frighten the elephants away.

After several more safaris, they had to leave the warm friendly African people and the unforgettable sights they had seen. It was time for home.

Guest speaker, Leeanne Kruger joined the CFS after her experience with the Billiat Reserve bushfire about 3 years ago. Leeanne is a Level 1 firefighter and has a licence to drive a fire truck. She emphasised the importance of safety in the home. Change your smoke alarm batteries every year at the start of the fire season. Photo-electric alarms are recommended. Do not sleep with your electric blanket

switched on. Make sure appliances are switched off at the power point, e.g., clothes dryer, TV, etc. . Do not air clothes too close to the fire or heater and do not place the heater too close to curtains. Keep a fire blanket close to your stove. Be aware of exit points in your home from wherever you are situated at the time. Can you open your windows? If you have deadlocks, leave the key in the lock. If going away, check your smoke alarms, turn off non-essential items. Tell your neighbours. She provided a map of safe places in the town area. If you decide to leave, lock your house and leave early. Call Bushfire Hotline for information. Leeanne answered questions about their safety precautions during the Billiat Reserve bushfire, which came to within one kilometre of their home. These included burning firebreaks which saved their home, shifting sheep, etc., and keeping watch for three nights without sleep.

14 **Yurgo** members with 6 visitors including Nadene Jericho Southern Coordinator, visited their commemorative stone and 70th year plaque, then celebrated their 85th birthday. Nadene planted an Easter Lily bulb by their commemorative stone and Beryl Clothier (Secretary for 32 years) planted a blue agapanthus on the other side.



Paringa:

Ellen Traeger told *Paringa* members about the Caroline Bristow Wig Library. Carol was

Police Officer of the Year in 2012 but passed away in 2015 of a rare form of uterine cancer. Carol believed that wigs were necessary to give a sense of “completeness” to those undergoing chemotherapy.

Ellen spoke of the formation of the wig library in 2014 which immediately grew in leaps and bounds. Today the Caroline Bristow Wig Library helps an average of one person per month with 100 wigs of varying styles, colours and lengths donated and purchased from Bonnie Wigs of Adelaide. Ellen travels around SA speaking about the wig library and is responsible for setting up branches on Port Lincoln and Murray Bridge, with Jamestown and Naracoorte branches currently under way.

The Renmark group has donated to the Darwin Dragon Boat group which raises funds to supply a wig library in Bali. Guest speaker, Jean Marks, of Glossop spoke about her 2006 kayak trip of nearly 2000kms from Yarrowonga to Goolwa which took 44 days. Jean completed 50 km on her first day and by day 18 she was upstream from Robinvale, having travelled 800 km. One of the highlights of the trip was coming into Bruno Bay and being greeted by staff and students of her Loveday school. Weather conditions varied as did lock-keepers; some fully opening the gates while others allowed only a narrow passage through. The wildlife and ever-changing riverscape of sandbars, steep banks, cliffs, forests and willows make every day a new adventure. Journey’s end was the Goolwa boat ramp, with husband Peter waiting with champagne.

Coonalpyn: *Coonalpyn* members & many visitors, children, partners met at the Coorong Careship for a tour and talk with Claudia Ait-Touati about how their snail farm operates and their vision for the

future; once the snail farm is completely up and running and how they hope this program will help people with dementia. Claudia also took our group into the Yurt which is situated at the snail farm, a very unique form of shelter - where they run a Y-cook program every Friday which involves the local Coonalpyn Primary School students cooking for our local seniors in the town and providing them with a hearty 2-course lunch. It is great to see a local organisation so passionate about what they are doing and its future.

Coomandook CWA ladies were also invited to join us at the snail farm and it was great to see so many of their members. We all enjoyed dinner at our Coonalpyn Hotel and then held our branch meeting.



Members and friends at the snail farm with the Yurt in the background.

In November Julie Barr from Murray Bridge shared a slide show with **Coonalpyn** members and talked about her 2015 cruise to Anzac Cove to be part of the 100 year Anzac celebrations. This trip was prompted by Julie's Anzac connection with her Grandfather being an Anzac soldier.

Julie showed members patterns of how to knit various styles of poppies (to fill in time on the ship Julie joined a knitting group which knitted 2500 poppies and were laid on adopted soldiers graves at Gallipoli). Most members finished the evening with a completed poppy to take home.

With March being Endometriosis Awareness month Cassandra and Tamara Lutze presented to us an "Endometriosis Info Session". Endometriosis affects 1 in 10 women and is a condition that affects a woman's reproductive organs - a topic very close to their heart with Tamara suffering from the condition. Cass and Tamara shared with us a very light but informative power point presentation on the topic, we all went away having learnt something we didn't know about "Endo"

LIMESTONE COAST REGION

Kalangadoo: *Kalangadoo* Branch met for a Christmas lunch at the South Eastern Hotel in Mt Gambier in November. A collection of \$70 was made for the SE Animal Welfare League, selected by their traditional Christmas Favourite Charity draw. It was decided to donate \$200 to the WAB Office for the 100yr Celebrations. The annual donation of a \$30 book voucher was organised for the best yr 3-5 student at the Kalangadoo Primary School to be presented at the school's end of year presentation night. Four new members joined recently Jenny Mules, Cheryl Redford, Michelle Carlson and Debbie Guenther, all of Kalangadoo. After a lovely meal and fellowship, they heard a presentation from Sharon Joppich, a local dairy farmer. She gave an insight into the happenings in the dairy industry at the moment.

Sharon is a member of the Devondale Murray Goulburn Co-op, controlled by farmers of the south east of Australia. Because the international dairy markets have been flooded with milk recently, the markets in Australia have dropped dramatically, which means that the MG Coop had to reduce its prices to the farmer. The reduction was so dramatic that it meant that expenses were way above the income received by the dairy farmers. Recently,

because of the outcry of the dairy farmers, generally, the consumer has chosen to support locally produced milk and dairy products and this is making a difference, such that MG Coop has raised its price marginally. The SE Australian dairy farmers still need our support and it is best for us to buy branded milk, cheese, yoghurt and ice-cream. i.e. **Don't buy Homebrand dairy products**, as they use products from overseas. We should also avoid the products from NZ. Sharon said that the new milk product plant south of Penola is a great asset to the local dairy industry as Midfield will require a huge amount of milk in the near future. Sharon was thanked very much for her most informative talk. **Support Your Local Dairy Farmer** –following this meeting report the Management Team decided to get information from the Dairy industry and include it so that you will be able to make an informed choice when purchasing dairy products – **Australian owned and produced.**

Australian milk **and** Australian Company –

- Devondale (Murray Goulburn) – milk, cheese and butter
- Bega – Cheese
- Bulla – Cream, butter
- Farmers' Own (Woolworths) – milk

For instance:

- Pura uses Australian milk, but it is owned by Japan
- Pauls use Australian milk, but it is owned by Italy
- Western Star use Australian milk, but it is owned by NZ

HOW CAN I BEST SUPPORT AUSSIE DAIRY FARMERS?

WHAT TO BUY

DAIRY FARMERS NEED YOUR HELP PLEASE

#THEDAIRYSHED #MYDAIRY #SUPPORTDAIRYFARMERS

WHAT THE DIFFERENCE?
 Australian made and owned dairy is completely Australian. You'll be supporting both local farmers and local business! Some of these businesses are much smaller and only located in specific states or regions.

Australian made products use Australian milk, but the companies that own the brand are based overseas. This is still a great way to support farmers

HOW DOES THIS HELP?
 Buying branded products show that you place a higher value on dairy.

SUPPORT LOCAL DAIRY FARMERS

CELEBRATING 100 YEARS of WAB in SA at KALANGADOO

It was a beautiful sunny day on Saturday 25th March in Kalangadoo when 60 participants greeted guests, Peter Goers (ABC Radio personality), Mayor Peter Gandolfi (Wattle Range Council), Elizabeth Calvert (WAB State President), Pamela Walker OAM (musician & singer) and the Poet MJ in Nick Hunt's dazzling vintage cars. It was quite a spectacular beginning to the luncheon.

Janice Widdison, Kalangadoo Branch President, welcomed all and gave apologies. She introduced the Poet MJ who recited an old poem, "Nancy of the Overtime" and

some of her own creations, including numerous local bird calls.

Janice introduced Peter Goers who was delighted to be attending. He is reported as saying, "Country SA is the real SA; you have fed this state and nation with your wonderful produce". He talked about the importance of keeping our agriculture pristine and sustainable and to stop those who want to 'frack' our land. He then introduced Peter Gandolfi, who spoke of Kalangadoo's rich history and how strong the community was over the past 100yrs. He also said that Kalangadoo was the hub of agriculture still today.

We enjoyed a delicious hot roast chicken or pork meal and heard from Peter again between courses. He entertained us with much hilarity, dwelling on his own life experiences, work in different fields and countries and love of Opp Shops. He mentioned that farming women, until as late as the 80's were listed in the statistics as "a Farmer's bed fellow and non-productive"!!! He talked about his visit to a tiny place in the middle of the South Pacific called Pitcairn Island and his time in Turkey. He loves visiting small country towns. Elizabeth Calvert, spoke of the beginnings of WAB in SA. Many farming women were from the city, with no knowledge of some skills required by them (jam making, preserving fruit and vegetables, rearing orphan lambs and calves, etc). There was also need for companionship of other women. As the men's Agricultural Bureau was well established, after some discussion by them, the first women's branch was formed in Riverton as a pilot project. It was successful with the next branch being at Saddleworth, not far away. Elizabeth especially highlighted the many achievements of WAB members throughout the ages.

The dessert was a choice of 6 and we were able to have 2 helpings, which delighted some of our male visitors, including Peter Goers.

After the WAB Song, Pamela Walker entertained us with a few songs including "The Crane is My Neighbour" a poem by John Shaw Neilson (a local poet) put to music by Pamela herself.

There were several raffle prizes and a leaflet of the history of Kalangadoo WAB (94yrs old) that visitors took home with them as well as a very light heart after such a great celebration of the 100yrs of WAB in SA.



Nick Hunt boarding his Desoto Vintage car with Pamela Walker and Peter Goers



Frank & Sandra Tsai Young

Sandra & Jenny Mules

Our latest meeting was so very interesting because we had a visit to the Trout Farm called Astar Mariculture based at

Beachport. Frank Tsai explained how he got into trout farming and stepped us through the process from trout eggs to ready for sale. We were lucky enough to sample the smoked trout and a smoothie with watercress and fruit. We all walked away *with fish in some form or another*.

Wattle Range: Four *Wattle Range* WAB members (photo left to right - Heather Lambert, Sandra Smith, at her second meeting after spending a year being treated for a form of Leukaemia, and Carolyn Lambert) with photographer Lyn Teakle at the Penola Conservation Park on a glorious day in October . We had a lovely walk, saw lots of wild flowers, more water in the swamp than we've seen for many years and



one lonely swan. Heather collected tadpoles of varying sizes to take home for her grandchildren. Picnic lunch was enjoyed whilst sitting in the shade of gum trees. As is often the case, we all sampled everyone else's food creations. Delicious ideas and treats indeed and a lovely day despite lack of numbers.

Wattle Range: Photo taken by Lyn Teakle

Lochaber:

Karen Burford, Home Support Officer with Naracoorte Community Health was the guest speaker at **Lochaber's** February meeting. Karen began by explaining that Naracoorte Community Health is part of the wider SE Regional Community Health and includes other community health centres within the Limestone Coast region. Naracoorte Community Health works closely with local doctors and Naracoorte hospital and offers a vast range of health services. Karen also mentioned that the centre works with Disability SA, Department of Veteran Affairs, Transitional Care including physiotherapy, speech therapy and dieticians, also Day Therapy (Naracoorte Hospital). After care from hospital discharge and good communication between patient, hospital and Community Health were most important. Karen also outlined new procedures the federal government plans to bring in regarding a person over the age of 65 years with the need to be assessed for care by first registering using an 1800 phone number and it will be known as "My Age Care". Home Care Packages for clients in the Limestone Coast region are also offered by other providers.

Six **Lochaber** members visited the Compost Complex of Mulbarton Transport at Padthaway. Owner, Phil Giles explained the various components, stages and benefits of the compost laid out in rows in an old quarry site. Although end of summer is a quiet time for the enterprise, members were engrossed in Phil's explanation of good compost construction.

The compost side of Mulbarton Transport business began 17 years ago with the collection of grape marc from TWE (Treasury Wines Estate) at Padthaway. Wineries had an excess of marc and it was

expensive to transport out of the district. The marc was used initially as mulch. Various Ingredients of straw, green waste, bark, clay were added and experimented with until a satisfactory compost was formulated.

BRL Hardy Padthaway later known as Stonehaven, began using Mulbarton's compost, with grape marc from their vineyards, the company seeing the beneficial soil and vine improvement. In years of drought, grape marc was sought after by farmers as an alternative to fodder or hay and wineries were able to sell the grape marc, causing Phil to look for other alternatives. Animal by products were available through various abattoirs, along with other agricultural sources and through trial and error, Phil has succeeded in producing a well balanced product, but it took three years before the business was gaining recognition.

The compost is to EPA standards situated on a licensed site. All ingredients toward the end product meet Australian Standards.

The benefits of using compost on our soils are improved soil biology, soil friability and soil structure, along with plant health.

Composting also introduces various beneficial bacteria and fungi.

Members were able to see the various rows of compost ingredients, ranging from green waste, seaweed, bark and phalaris straw to animal by products and other components. Finally, members were able to see the large hopper, tumbling roller and conveyor equipment used to produce the final product.

Padthaway: member Narelle Scott told us about the Rural Women's conference that she attended recently and demonstrated hat making which she learnt at the conference. She also showed us a wallet she had made from cork fabric which she imported from overseas.

We made a Christmas token to give to those attending our Christmas luncheon to be shared with Lochaber and Stewarts Range. Sarah Fry from Frances, was one of the guest speakers at the combined WAB Christmas lunch at the Frances Hotel. Sarah is the founder of "Love Press" design silverware, which she manages from home. All Love Press designs are made from Sterling silver. Each piece is handcrafted in Sarah's studio and the letters are individually stamped by hand. The jewellery is crafted to have a rustic look which adds to the charm of each piece. Sarah makes stamped pendants, bracelets, necklaces, key rings and cutlery. Customers can choose names or sayings to have stamped onto the type of jewellery they choose. She also refashions silver cutlery into pendants. Sarah also sells handmade colourful stud and clip on ear rings which are captivating in appearance. To view Love Press designs the web address is www.lovepress.com.au. We applaud Sarah in her success in undertaking this cottage industry.

Sandra Young, President Elect of WAB South Australia, spoke about her recent trip to England to be present at the Associated Country Women of the World, world conference. She shared on resolutions brought forward from other countries. Fracking issues are a major concern in Africa, which residents in the South East of S.A. can relate to. WAB is an affiliated member of ACWW, which helps third world rural women to become self sufficient. The South Pacific ACWW Conference will be held in New Zealand early in 2017.

During a traditional Christmas meal, members from **Lochaber, Stewarts Range** and **Padthaway** branches were entertained by Christmas themed games and quizzes, which added to the festive atmosphere. Jane Terry from Lochaber branch was the

winner of a Lions Christmas cake, for answering very cryptic questions relating to Christmas carols.



Padthaway members (left to right) Betty Burge, Libby Middleton -Frew and Kay Inverarity admire jewellery made by Sarah Fry.

Padthaway members enjoyed a briefing by Karen Montroy on a Myanmar Project called "The Life House", a children's home for homeless children. Not an orphanage ... but a big house with a mum and a dad and a bunch of kids. The local Pastor had a couple who wanted to look after 10-12 children, but had no way to finance the project. Up until 1962 Myanmar (Burma) was one of the wealthiest nations in all of Asia. On 2 March 1962, that all changed. A group of military officers, led by Chief-of-staff General Ne Win, staged a coup and a military junta took over the nation. The junta suspended the constitution and instituted authoritarian rule under the Revolutionary Council.

Government ministers, ethnic leaders and anyone who spoke up against the junta were jailed. Parliamentary democracy came to an end. In 2011, 60% of Government spending was on the military and only 1.3% on health care and 4.13% on education. Myanmar's health care system was ranked the worst in the world by the World Health

Organisation in 2011. It is considered the fifth most oppressive country in the world.

Port Life Church, Adelaide raised over \$80,000 in 2011 and purchased three blocks of land in the city of Mandalay for the proposed children's home. A further \$154,000 was raised to start building the house and in June 2015 'The Life House' was officially opened.

Stewarts Range: members, dressed in Melbourne Cup finery, travelled to the Border Inn at Apsley and enjoyed a delicious lunch. Our guest speaker was Maureen Reader who is a share holder of the hotel and she related tales and the history of the Inn.

Our theme for the February meeting was 'Bring Junk – Buy Antique' and a total of \$100 was raised to be forwarded to support the 100 year celebrations. Meeting was held at the Senior Citizens Hall and 3 of their members provided lunch for us and also joined in the fun of the auction.

Mundulla: *Mundulla* branch entered a decorated Christmas tree in a display with other groups of the Bordertown area, to raise money for the local hospital. Collectively just over \$800 was raised. Our February meeting was used to map out the coming year, as this will be the last year for the Mundulla branch. Regrettably we will be closing in November.

Wirrega: Wirrega's meeting on Oct. 25th replaced the meeting scheduled for September 28 which was cancelled due to a South Australian-wide electricity failure. This is the first time in the history of Wirrega WAB, which was formed in 1958, that a meeting has been cancelled due to a power failure!

Guest speakers, Leon and Jenny Tink from Serviceton, Victoria near the border with Bordertown were faced with no harvest for 2015-16 because of a drought. When the Pinery bushfires occurred on 25th November they decided to help farmers in crisis and joined the ranks of volunteers to help BlazeAid.

They set off with their caravan to Hamley Bridge and with temperatures in the 40s each day, began the task of fencing burnt out properties. Breakfast was at 6am in the Hamley Bridge Football Clubrooms, groups were organised and work started at 7am. The initial task was cleaning up burnt trees and Leon was on the chainsaw for seven days. Masks were needed to cope with the dust and soot being blown off the burned paddocks. Wood was salvaged where possible.

Leon and Jenny's farm skills came to the fore working with city volunteers especially when it came to machinery use.

In February the Tinks returned and continued to help pull down old fences using a front end loader. BlazeAid only works on boundary fences for farmers and the farmer pays for the materials, perhaps from an insurance claim, with BlazeAid volunteers providing the labour. Many of the burned fences had been in place for many years and Leon had samples of the high quality old 8 Gauge wire to show. The BlazeAid volunteers were from far and wide and some are regulars who enjoy helping out while meeting others. Leon worked with a very fit 80-year-old in one team.

Meals are provided, food is donated from some of the big supermarket chains and cooked by volunteers. BlazeAid volunteers need to provide their own accommodation such as a caravan or camper trailer. Anyone interested in volunteering for BlazeAid should look up their website – www.blazeaid.com

Wirrega WAB celebrated International Rural Women's Day Saturday October 15 with a breakfast for 24 women at the Mundulla Hotel at 8.30am. The guest speaker was Rose Milton who spoke about the Rotary project Days for Girls which was well received and very appropriate for the IRW Day. Rose was presented with a donation from Wirrega WAB of \$100 to the Days for Girls project.

MID/UPPER NORTH REGION

Nelshaby: *Nelshaby* held their last meeting on November 8th. 'From existing funds, we would like to donate \$100 towards the WAB 100 year celebrations to be held next year with the balance to be donated to the local Lealholme Helping Hand Centre who are at present extending their aged care facility.

We wish to place our records with the Broughton Plains Heritage Society who will house these at Wandearah, they are happy to receive them. "

We will miss this Branch and thank members for their years of belonging to WAB

From WAB management Team.

Wepowie/Booleroo Centre

Members met to discuss the future of WAB over coffee and cast their votes.

MID AND UPPER NORTH

Cunliffe members and visitors went to Clare by bus. Morning tea was at the Walter Duncan Rose Garden where many roses were still to bloom. The iris display was stunning, and flowering trees including 200 quince trees made a beautiful garden scene. Lunch was at Wild Saffron Restaurant then a visit to the magnificent Martindale Hall completed the day.

Christmas lunch was enjoyed at the Kadina Highway Restaurant and members had fun guessing the clues on the "Pass the parcel". At our February meeting we welcomed Sue Poole who spoke about what our local disability support can do for Parkinson disease sufferers. Brian Goldsworthy, who has this disease, and his partner Shirley, also spoke with humour about living with this serious disability.

We farewelled member Dawn Tripp who is moving to Tumby bay.

Local volunteer, Lyn Dayman, gave Cunliffe members a talk about the Family History and Resource Centre at Moonta where people can get assistance tracing a family tree and accessing family history. There is a very interesting chemist shop at the museum set up as it would have been in years gone by.

Kilkerran: Branch Closed October 2015

Wepowie/Booleroo Centre:

EYRE PENINSULA REGION

**Charlton: Charlton WAB Farewells
Lois Sampson.**



Charlton WAB is losing a valued member in Lois Sampson who is relocating to Adelaide. Both Phyllis Myers and Lee Russell spoke on the huge contribution Lois has made to Charlton WAB since joining in 1968, with a short gap when she and Barry were working away. Lois was Councillor for Eyre Peninsula

for four years, including some time as State Treasurer of WAB

To balance the loss of Lois the branch was thrilled to welcome new member Sandra Wischke who has recently moved to Port Lincoln.

Guest Speaker for the meeting was Matthew Watson who grew up on a farm near Tooligie. He is nearing the end of Medical Training and had spent 4 weeks working in Myanmar at the Mandalay hospital last March/April.

Matthew found the Myanmar health system financially poor, as are most of the people.

They do have a public system and Iso private practices for those who could afford it, or who can travel to access it.

The Mandalay hospital is always very crowded, with 1500 beds (compared to the RAH with 650), and very few staff so that families have to care for their patients, even providing food and water. Pain relief is basically not available, and nor are most of the diagnostic and screening services that we take for granted.

Because of financial constraints, lack of screenings tests, poor health education and difficult access, people are much sicker when they arrive at the hospital. PATS schemes do not exist, and most Doctors get paid about \$10 per month in the public system, and therefore most work very long hours by doing work in the private system too. One surgeon explained how hard it was for him to attend and pay for his training.

He had to work exceedingly long hours at work and study so he would tie his feet to his wrists so that he would wake himself up and then do more work or study. The study is done in English which is hard too as it is their second (or third) language.

Matthew found the people of Myanmar very friendly, generous, hard working and happy, and they showed great respect to their seniors.

In March 26 members, husbands and visitors enjoyed a 'walk and talk' local history lesson. Judi, a member of the Local History Group took everyone on a walk to view, and tell the history, of some of the original buildings in the centre of Port Lincoln. Copies of historic photos of changes to the buildings were shared. A mosaic covered 'couch' in the church grounds makes a restful spot for a chat and the very recently unveiled statue of Matthew Flinders and his cat Trim was admired.

Pinkawillinie: members enjoyed their Christmas lunch at the Kimba Hotel. Lee Russell was our guest. It was great to catch up with Lee and hear the latest WAB News from the Management Team

Two members, Ronda Lorimer (pictured below) and Monica Wake (pictured in the photo on the right - with Dianne Hamlyn) were farewelled as they have moved away from the district. President Dianne Hamlyn presented them with citations which reminded us all of the wonderful contribution both had given to Pinkawillinie Branch.



Ronda joined WAB in 1969 at Maltee before becoming a member at Nelshaby and then Pinkawillinie where she has been a member for 22 years. She has been secretary for the last seven years organising the last three regional meetings the branch has hosted – a wonderful contribution.



Eloise Lambell told us of her life as the daughter of a rural GP through to becoming a Registered Nurse and came to be living, working and eventually marrying a Kimba Boy. She became the nurse in charge of the Hostel until health issues with allergies recently caused her to retire. Eloise discussed the changes age brings to independence and the problems associated with that. The older person often doesn't realise there are things that they are unable to manage without putting themselves in a dangerous situation.

Many of the rules and regulations set down in hostels and nursing homes are brought about by legal liability and this is the reason for many decisions causing much frustration. Even when a family is happy to have their relative do things that give a quality of life similar to what they have been used to, regardless of the outcome, it can't be allowed if it is going to put other people in a position where they could sue

the Hostel. We all came away with a different perspective of the necessity of the rules even if we still didn't agree entirely with them.

Due to our February guest speaker being unable to attend we had a quiz on points of interest in South Australia. It covered areas of general interest from the city to the country.

For our March meeting 6 members and two husbands travelled to Arno Bay where we went on the Marine board and met marine biologist Carmen Hampel who gave us a conducted tour of part of the board walk. With Carmen's guidance we saw tiny little crabs with bright green heads - learnt that what looked like a dead crab was actually malt, a shell that a crab had grown out of. Crabs squeeze out of their shells and grow a new one every few months then dig down into the sand until their new shell hardens leaving the old shell empty on the sand. We learnt that although mangroves are fresh water plants they grow in tidal areas and process the salt water to turn it into fresh for them to survive. We actually saw granules of salt on the leaves. Many of us had been to the board walk before but we will look at it with different eyes next time. Carmen had worked at Clean Seas Fisheries and explained what the buildings in the distance were and what their function was. The board walk is quite extensive and has been built by voluntary labour with grant money - a real credit to the Arno Bay community.

LOWER NORTH REGION

Rosedale/Sandy Creek celebrated their 63rd birthday with a "Games morning" and luncheon. We welcomed our new member Heather Robinson and it was lovely that Merle Hoffman from Tanunda branch could join in our Birthday celebrations.

We all enjoyed the amazing array of games that Jean Randall kindly arranged for us. What great fun and entertainment for us all. All those commercials we continually watch on TV but when asked to name the Company attached to the catch-phrase it is not so easy, except for "Oh What a Feeling" - we all answered that correctly and "He must have bought a?"

President Brenda Noll had the honour of presenting Pam Abdilla with her 10 year award.

On a very hot morning in February we enjoyed a lovely talk by Peter Harper from Gawler Health Foundation, our Branch Project for this year. The Foundation is run entirely by volunteers including an amazing young woman, Nicki Ryan, who volunteers three days a week by manning the office and organizing all the fundraising events as well as coming up with ideas such as the second hand book exchange, the wishing well and the sale of knitted items which she, her mum and a band of volunteers donate. They work tirelessly to raise money for the extra items that help to make improvements such as improving the playground, purchasing new palliative care mattresses, an additional defibrillator and on the wish list is a cuddle cot among other items. Peter explained the different way they raise money which is sometimes through donations, bequests, membership, but most through large events and encouraged everyone to try and attend their upcoming events. Our Branch is very pleased that we have managed to donate a brick to the fundraising project of laying a path at the hospital with the donor's name imprinted in the brick.

Tanunda: Tanunda members held their end of year meeting at the Valley Hotel in Tanunda. Merle Hoffmann and Claire

Steggles from Rosedale-Sandy Creek did a radio interview on BBB FM about WAB. In February **Tanunda** Branch congratulated Joan Lindner, a member for over 50 years, who was honoured with the OBM in the Australia Day awards for her work in the community, including her WAB membership.

Speaker Rhoda Schiller spent time in Myanmar when she joined a group concerned about orphaned and neglected children. They built a home where children can live safely and this is being maintained by donations.

WAB ONLINE

Visit to Carrick Hill by the On-Liners

On a beautiful day in November, 2016, Joyce, Jane, Mary and Sandra met at Carrick Hill in Adelaide to explore its wonderful gardens. The flowers were in full bloom and, with the backdrop of the view of Adelaide across to the gulf waters, it was a delightful walk.

We were met in the marquee café by Liz and Albert and had a beautiful meal. We had a lot to share and it was so nice catching up on each other's lives. We discussed a possible very interesting fundraising event proposed by Sally Grundy and Mary was to follow this up. We were then joined by Vicki (Chapman), who found time in her very busy schedule to join us for lunch. It was interesting to hear of her frustrating times in Parliament. She certainly has the rural woman at heart when dealing with policies and issues. Keep up the good work, Vicki!

The last part of the day was to look through the lovely old house, left to the Government by the Hayward family. The house and 40 hectare land was established by Sir Edward and Lady Ursula Hayward, from 2 wealthy families, in the 1930's. It still houses their collection of artwork from around the world. The dark timber interior

and decor was immaculate and quite decadent.

The day was enjoyed by all. We hope someone will organise another event this year, but not as late as November, as many could not get away from their farms due to harvesting commitments, etc.



On-line branch members discussed Jenny Hocking's topic "Coping with Christmas" - functions, food, shopping, gifts and any stress related to the festive season – some ladies were not stressed at all and shared their coping strategies.

Following Sally Grundy's close encounter with a snake under the bonnet of her car while she was driving home from Adelaide, a story that was aired nationally, other members shared their terrifying experiences and how they dealt with it. These included a caravan/car roll over, accident emergency, riding an out-of-control bike, last minute dashes to catch trains while travelling overseas and experiencing/living through Cyclone Tracey in 1974.

WAB LIMESTONE COAST REGIONAL CONFERENCE

Lochaber WAB hosted the Limestone Coast Regional Conference in the Lochaber Hall on 6th April. The Conference commenced at 9.30 am with registration and morning tea, supplied and served by the Stewarts Range branch.

Lochaber President, Rosemary Miller welcomed special guests and visitors. The Conference's theme, Looking Back, Looking Forward was chosen by the branch to celebrate the centenary of WAB in SA. During this centenary year WAB branches throughout SA will commemorate 100 years of WAB, culminating with the State Conference to be held at Riverton in October 2017, Riverton forming the first branch in October 1917.

The Naracoorte Lucindale Council CEO, Dr. Helen Macdonald was the first speaker. Dr. Macdonald holds a PhD in Philosophy (Applied Ethics). She has worked for various global mining companies, in USA, Africa and South America before returning to the South East region to take up the position of CEO for Naracoorte Lucindale's Council. Dr. Macdonald spoke on many aspects of council, mentioning the importance of ratepayers providing feedback to council, enabling council to act on issues. Some of the topics mentioned by Dr. MacDonald were funding through grants, livestock exchange, road funding, waste management, depopulation of farming areas and Naracoorte's World Heritage caves complex.

Following Dr. Macdonald, Darren Turner, Managing Director Mini Jumbuk, was the next speaker. Darren was accepted into the Global CEO Program, a transformational journey last year, where three of the top business schools in the world collaborated to run a program, which consisted of a week in each school. This offered Darren the chance to rethink the business vision and management approach as a global leader. Darren spoke on the company's early history; small beginnings with a local farmer's wife, Isabel Miles creating a tourist item a mini sheep or jumbuck made from wool. From there the company grew to expand to large export orders from

overseas. Woollen mattress under blankets, doonas and pillows were added to the product range, the company seeking new markets and new ideas. Large retail stores recognised the value and sought these products. The brand, Mini Jumbuk nowadays is sought globally and recognised globally with many business awards for excellence and leaders in their field. Darren spoke of the company's continual, passion and knowledge for the product and people, whether it is the company's employee, retailer, or customer. Darren's final word, 'Love Wool'.

Dr. Janelle Hocking-Edwards, Senior Research Officer, Animal Scientist with SARDI completed a Bachelor of Agricultural Science with Honours and then a PhD in Animal Physiology. Janelle moved to NZ for postdoctoral work before moving to Perth, WA taking up a lectureship in Wool Science at the University of WA. Later she moved back to the family farm at Avenue Range, along with her husband and family. Janelle spoke on Looking Forward in Agriculture, explaining the new technologies continually improving genetics and production in agriculture. The introduction of electronic ear tags already in use with cattle and soon to be applied in regard to sheep, used to collect data from individual animals. Also the technology to scan a meat producing animal for its health and individual nutritional needs, already in use to a certain extent in the dairy industry. Drones to save time and labour costs, these could be utilised with mustering large numbers of cattle. Genetic selection by hair and blood samples will be used. Dr. Hocking-Edwards also mentioned that successful companies within the meat and livestock sector were always seeking improvement in their industry, ready to try new technology. Janelle completed her address with the

animal's welfare to the fore, "good life, good death".

Immediately after lunch a representative from each Limestone Coast WAB branch spoke on their branch's history, ranging from Kalangadoo's early history, helping with the war effort, i.e., knitting of socks for the soldiers, to Wirrega's point of view on meeting in the evening so that members could have "time out" from household responsibilities when forming their branch, still meet in the evening on a monthly basis. The current branches represented were, Kalangadoo, Lochaber, Mundulla, Padthaway, Stewarts Range, Wattle Range and Wirrega.

Dr Liz Reed, a vertebrate palaeontologist, completed her Honours degree at Flinders University and a PhD in 2004. Dr. Reed gave a most interesting address, noting that the Naracoorte's Caves, World Heritage listed site is a globally significant site. In 1858 Dr. Julian Tenison Woods published a geological book on fossils he had found in the Naracoorte caves. He continued to research the caves for many years. Professor Rod Wells in 1969 discovered the Victoria Fossil Cave by feeling a draught of air in a cave and this lead his team to explore further into the system, discovering many fossils in the now named Victoria Fossil cave. Prof Wells through great public relations skills was able to receive funding to establish the World Heritage listing. Dr. Reed spoke of fossilised fauna and flora ranging in age from ½ million years old to present day bones, i.e., kangaroos still at times entering into the cave system to become a fossil in time. Liz also mentioned that technology nowadays can date accurately fossil samples, i.e. one grain of sand is all that is required! Dr. Reed's recent research has been working with bat guano, to date the species. She has found that the same species of bats are there in the caves

today. The age of the bat guano thought to be from 900 years to 300,000 years ago. Lunch was catered for by the Limestone Ladies CWA Naracoorte branch, following the Country of Study theme of Myanmar with an Asian flavour. Those present were impressed with the presentation and flavours of the cuisine.



Lochaber WAB members Glenice Bourne and Lyn Bellman with State President, Elizabeth Calvert in middle. With courtesy of the Stock Journal.

WAB NEWS REPORT FROM 100 YEAR COMMITTEE

The WAB rose, "the Spirit of Rural Women" will be launched on 21st April at Brougham Place Gardens in Adelaide to commemorate 100yrs of WAB in SA and a report of the event and photos will be given in the next WAB News.

Plans for the Grand Celebration at Riverton Institute Hall in October, 2017 are well underway. At this stage we can say that Registration will begin at **8:30am on Saturday, 28th**. The only speakers locked in are Ruth Shanks, World President of ACWW and Linda Eldredge, who will conduct a workshop on Rural Apps. We have some very special guests and speakers that have not yet been confirmed. The day will end at 3:30pm.

There is a 3 hour gap for you to have your own afternoon tea (2 cafes in town), socialise, go back to your accommodation

to change, etc. The evening program will begin at **6:30pm** back at the Institute Hall with a delicious dinner and our special guest speaker will be Fiona McIntosh, a popular local romance novelist. (Check out her books on the web!) There will be other entertainment as well.

Sunday, 29th October, will begin with an ecumenical Church service in the morning, followed by our WAB AGM. Late morning we will be planting the final rose in a bed of "Spirit of Rural Women" roses in the Pioneer Gardens at Riverton and a WAB commemorative seat will be unveiled at the same spot. We are looking to supply lunch and then you will be able to visit local attractions including Schultz Park, which will have a market and working smithy.

An accommodation list has been sent to your branch secretary as have a call out on all past and present branch banners and a

Pictorial History of Women in Agriculture & Business of SA Inc. (WAB)

WAB Historian, Thelma Newman

would love to receive/borrow any items of interest

which can be used for a USB Power Point Presentation titled

Spirit of Rural Women - Our WAB Journey

to commemorate WAB's celebration of

100 Years, 1917 to 2017

at Riverton, 28th & 29th October 2017

Email RSVP before 1st September 2017 to

Thelma Newman - thelma.tjn08@gmail.com OR

Phone 08 8536 2728

flyer about Artwork from our members, past and present. We have some very talented members and we would like to showcase their work at Riverton and on our website. I will be coordinating the banner parade (to begin the proceedings on Sat) and also the artwork.

Please consider attending our event in October – the invitations will go out in July. The event will be the culmination of a lot of planning and we are going to make it a weekend you will not forget!

Sandra Young, Chairman of 100 year Committee

ACWW 28th Triennial World Conference, England, 2016 (part 2)

What a fantastic experience it was to attend my first ACWW world conference!

ACWW believes in creating opportunities for women to exercise more power through being better informed, being part of an enabling environment and having the necessary tools to carry out the changes they want. It believes that women will be empowered when they are able to make better decisions and change their own lives. It is committed to raising the health and standard-of-living of rural women and their families.

ACWW is a non-sectarian, non-political, forward-looking and friendly, not-for-profit NGO (non-governmental organisation) and there are 456 society members and 1,836 individual members (and rising) from 74 countries.

ACWW has 6 specialised Committees that meet 2-3 times a year - Finance, Projects, United Nations, Communication & Marketing, Finance, Agriculture and Triennial Conference and we heard reports from all of them.

The Finance Committee encouraged more individual membership especially from outside the member societies. They found

that Walk the World for ACWW was becoming more popular which is a bonus for raising non-restricted funds.

The Projects Committee approved 60 projects in this triennium and the total money allocated was £285,309 (£10,000 being the maximum for any 1 project). There were 17 for income generation, 16 for water & sanitation, 12 for education & skills, 7 for health education, 7 for agricultural training & development and 1 for nutrition. We were told that donors can support a specific project by 'adopting' it – see the web-site. The committee not only approves projects, but monitors them throughout its life to ensure specific objectives. The Coins for Friendship funds all go towards these projects. We heard about projects in Ghana (for birthing attendants), India (literacy for young women), Georgia (for growing organic crops), Mongolia (for greenhouse development for female-headed households) and Uganda (for farming animals & plants). They said that supporting a man, the man will benefit; supporting a woman, the whole family will benefit. Women make a difference!

The United Nations Committee advocates and networks with the UN to achieve ACWW objectives, which includes relief of poverty, healthcare, education and supporting ACWW resolutions and committees. *During the triennium they documented more than 300 contacts with UN entities, government ministries and other societies. Any interested member of ACWW can volunteer to attend events such as the Commission on the Status of Women in New York and WHO. UNESCO gave money to ACWW, which enabled them to conduct a gender equality workshop in Jamaica.*

The Marketing & Communicating Committee was chaired by a very enthusiastic and charming South African

lady, Magdie de Kock who helps to promote ACWW as one of the largest women's organisations to advocate for women and children. She is trying to improve our image and she wants us all to help her promote ACWW. We should continue with "Walk the World for ACWW" as well as the Coins for Friendship. There are new promotional leaflets including one found on the web-site that can be printed, cut and folded to make a neat little booklet.

*The Agriculture Committee is involved in the **zero waste project**. About a third of all food produced worldwide is wasted and there are staggering statistics, such as 45% of all fruit, vegetables, roots and tubers are wasted, 30% cereals, 20% oilseeds and pulses, dairy & meat. In UK supermarkets, 68% of bagged salad and 47% bakery is wasted! We can help the situation by sticking to our grocery list, having our refrigerator at 4°C and organising it, buying seasonally and composting our own food waste. They also support the **Zero Hunger Challenge** by encouraging rain water harvesting, best ways for cooking food, looking after our soils, mixing fertiliser with green matter and compost, crop rotation, etc. Drones and similar technology can save up to 40% of fertiliser use. It has been shown that if more women farmers are trained in agriculture, the closer the world will get to zero hunger. Throughout the program, we had to vote on 15 **resolutions and recommendations** affecting rural women and families of the world and all were passed except the one about individual members being able to vote. The resolutions that might be relevant to us are –*

1. *To ban food and drink manufacturers from claiming their sweetened products are healthier if they use fructose. While it has a lower GI than glucose and sucrose, it is metabolised*

differently such that unprocessed fructose builds up as fat. This can lead to metabolic complications such as insulin resistance, increased visceral fat and elevated cholesterol.

2. Before allowing shale gas exploration to commence, our governments should gather as much information as possible from more than just the oil and gas companies applying for the fracking licenses. All government departments, in particular, Agriculture, Health, Rural Development, Land Reform, Tourism and Transport as well as NGO's involved in the sustainability of our environment should be included in investigations. 20 million litres of water is needed per well, which has to be transported together with chemicals on roads, which will take a beating. Half of the water will end up as toxic and radioactive waste water, which also has to be transported on roads. There are a myriad of health concerns, from infections to cancer. Risks of contamination will affect livestock and our ecosystem.

3. To continue local vaccination efforts of potentially eradicable diseases in order to work towards area elimination, which will then result in world eradication. Smallpox is the only infectious disease that has been eradicated. In some areas (including in Australia) there has been a public misconception of the seriousness of vaccination.

4. All Governments affected by the current refugee crisis are called upon to afford such compassion, humanity and assistance as is necessary to those refugees who find themselves in this situation. No government should turn their backs on providing whatever assistance they can in protecting the vulnerable whilst those that engage in people trafficking profit from

their misery. To stop the increasing worldwide **sexual abuse of women and children** in refugee camps and shelters. This has been reported in the European area, but we know it has also happened in Australian offshore detention centres.

There were some great guest speakers, but 2 stood out. The first was Dr Mary Tilki on "Dementia: A Growing Global Problem". There are 46 million with dementia in the world, as the older population is growing, especially in developing countries. There are over 100 types of dementia, of which Alzheimer's is the most common and then Vascular Dementia. There are misunderstandings about those suffering from dementia; their memory can fluctuate, they retain many skills and abilities and their dementia is worsened by stress, tiredness and unfamiliarity. We should not over protect them and make decisions for them, as they can lose confidence and their skills. There is psychological therapy available to slow memory loss or even improve it. People with dementia are still "people" - they have not lost their identity – they just can't express it. We can open doors to support and help people with dementia and their carers. The community can support each other and be Dementia Friendly Communities. We should not ignore them, but reach out and encourage them. Say who you are and talk to them.

Alison Commar, World Health

Organisation, spoke on "Non -

Communicable Diseases and Tobacco".

She referred to heart disease & stroke, diabetes, chronic respiratory disease and cancer. Tobacco has an effect on all 4. In 2011 the UN declared non-communicable diseases as a priority, which was a turning point. Now, there are national targets and actions and countries are working together on this

issue. Tobacco companies are being taxed more and warnings have to be visible. Advertising tobacco and sponsorships by tobacco companies are being banned. A similar response is happening with alcohol. Other good health initiatives are being enforced. Nicotine is absorbed through the skin and so the women who are pregnant who pick tobacco are inadvertently becoming addictive and so are their children. Passive smoking is real – 600,000 people die per year from it. The tobacco companies have worked hard to fight against controls. In 2003, 179 countries signed a treaty for tobacco control and slowly they are doing what Australia has done with plain packaging (we were the 1st country to do this). Finally, I will mention a few changes of officers. Ruth Shanks from Dubbo has another term as World President of ACWW and the new treasurer is Heather Brennan from Queensland. Our new South Pacific Area President is Gail Commens from CWA of NSW. It will be a great opportunity for you to attend the next World Conference, the 29th, as it will be in Melbourne in 2019 and the one after that will be in Malaysia in 2022.

Sandra Young, March 2017

Would you like to join the online branch please email WABinSA@gmail.com to get your name added to the contact list and you too could be a part of this great "online" community as your membership is included with your Branch Levies.

BOOK REVIEW There is no review, but if you have read a good book lately please send a brief tale and the name of the book to Lee Russell and we will put it in the next edition



ACWW: INTERNATIONAL
OFFICERS' ANNUAL REPORT,

Thankyou to Sandra Young for doing the ACWW report this time.

*Helen Colliver,
WAB International Officer*

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A REMINDER ALL REPORTS TO BE INCLUDED IN THE NEXT WAB NEWS ARE TO BE SENT DIRECTLY TO LEE RUSSELL THE WAB NEWS COORDINATOR WHO WILL COLLATE AND FORWARD TO WAB NEWS EDITOR.

NEXT EDITION OF THE WAB NEWS
WILL BE DUE OUT by end of **July 2017**
**The deadline for your branch news
will be the 14th July.**